




South Boulder Recreation Center Lap Pool

January

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00am	D3 6:00-7:00 *4 lanes	BAM 6:00-7:00 *2 lanes		BAM 6:00-7:00 *2 lanes							
6:30am											
7:00am	Lap Swim 7:00-3:45	Lap Swim 7:00-12:30		Lap Swim 7:00-12:30							
7:30am											
8:00am						Aquateens 8:00-10:30 *2 lanes	Lap Swim 8:00-10:30				
8:30am											
9:00am							Scuba 10:30-12:30 *5 lanes				
9:30am		Lap Swim 6:00-3:45									
10:00am											
10:30am		Lap Swim 6:00-3:45									
11:00am											
11:30am											
12:00pm		Drop-in H₂O Fitness 12:30-1:30 *3 lap lanes		Drop-in H₂O Fitness 12:30-1:30 *3 lap lanes		Lap Swim 10:30-4:30	Lap Swim 12:30-1:30				
12:30pm											
1:00pm	FHS Swim Team 3:45-5:45	Lap Swim 1:30-3:45	FHS Swim Team 3:45-5:45	Lap Swim 1:30-6:00	FHS Swim Team 3:45-5:45		Open Swim 1:30-4:30 *2 lanes				
1:30pm											
2:00pm											
2:30pm											
3:00pm											
3:30pm											
4:00pm		5:45-6:00 *4 lanes			5:45-6:00 *4 lanes						
4:30pm											
5:00pm		Aquateens 5:45-9:00 *2 lanes	BAM 6:00-7:00 *1 lane		BAM 6:00-7:00 *1 lane	Lap Swim 6:00-7:30					
5:30pm	Aquateens 5:45-9:00 *2 lanes										
6:00pm	Water Polo 7:00-8:00 *2 lanes		Water Polo 7:00-8:00 *2 lanes								
6:30pm											
7:00pm	Lap Swim 8:00-9:00		Lap Swim 8:00-9:00								
7:30pm											
8:00pm											
8:30pm											
9:00pm											

*Indicates # of lap lanes available to public for lap swimming

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-441-3448 or go to www.boulderaquatics.org